

Steering, Tacking & Jibing

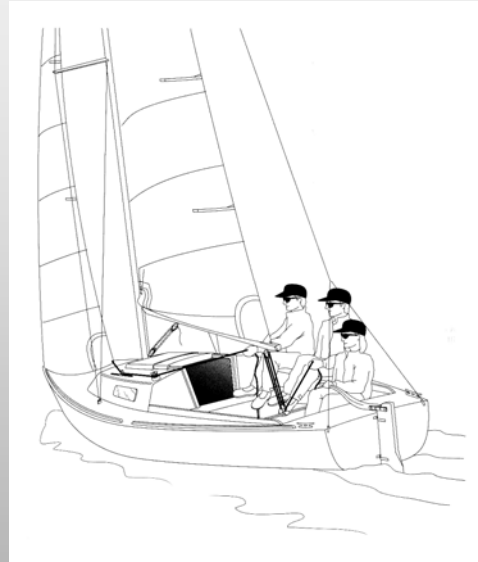
Coasters Harbor Navy Yacht Club

www.nwc.navy.mil/chnyc



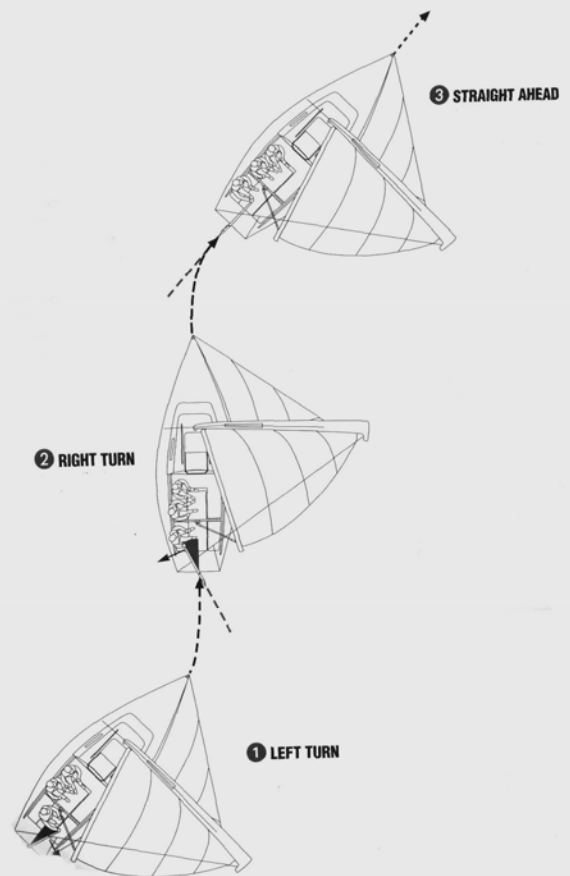
Crew Position

- **Critical to handling**
- **Crew helps balance the boat**
- **Helmsman sits forward so that tiller is clear to swing**
- **Crew usually positioned on the “high” side**
 - Windward
 - Weight counteracts healing forces



Steering

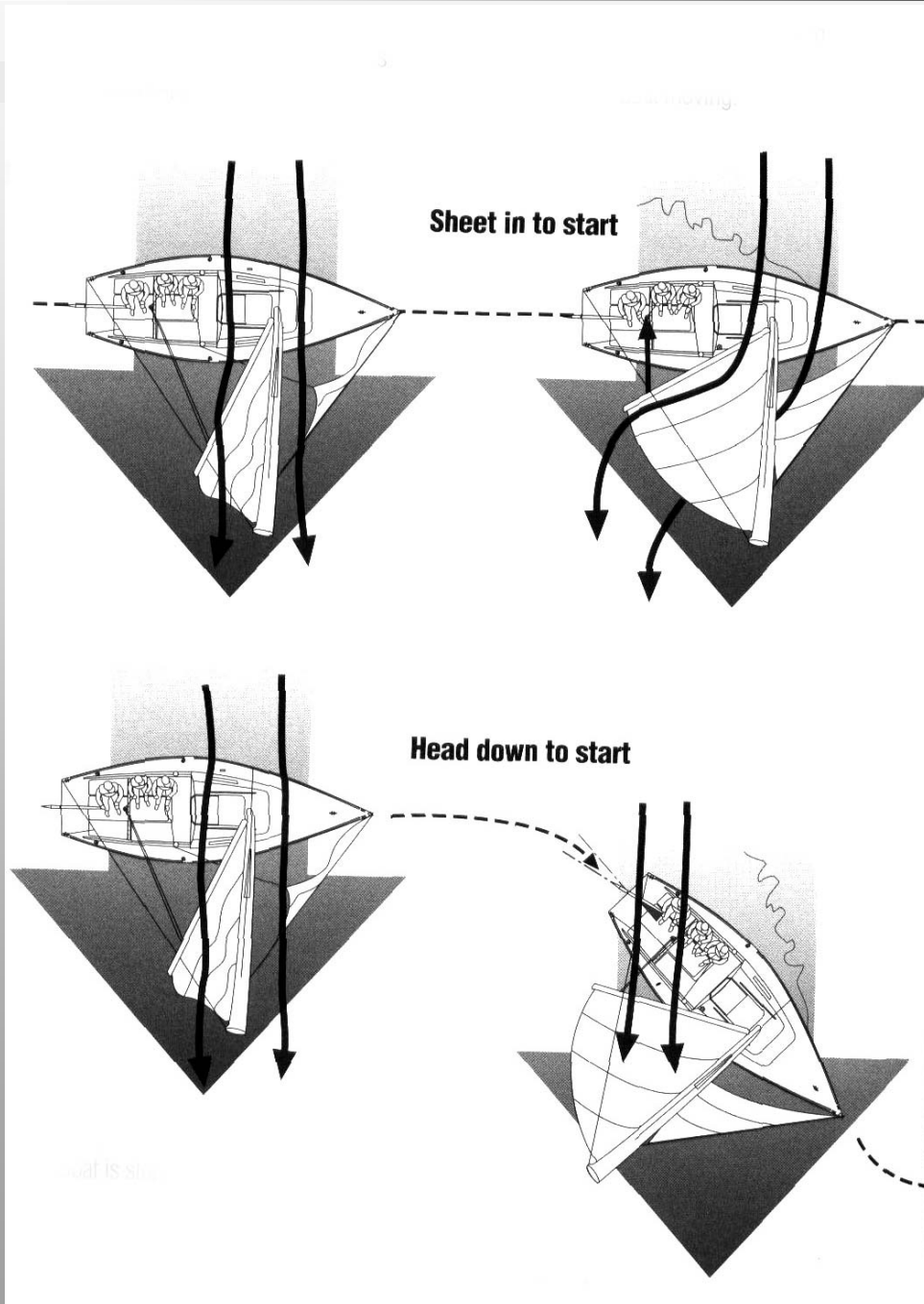
- Use the tiller
- Push the tiller away from the direction you want to turn
 - To go left, push right
- Firm but smooth
- Rudder creates steering force
 - Redirects flow of water
- No movement, no flow, no steering!



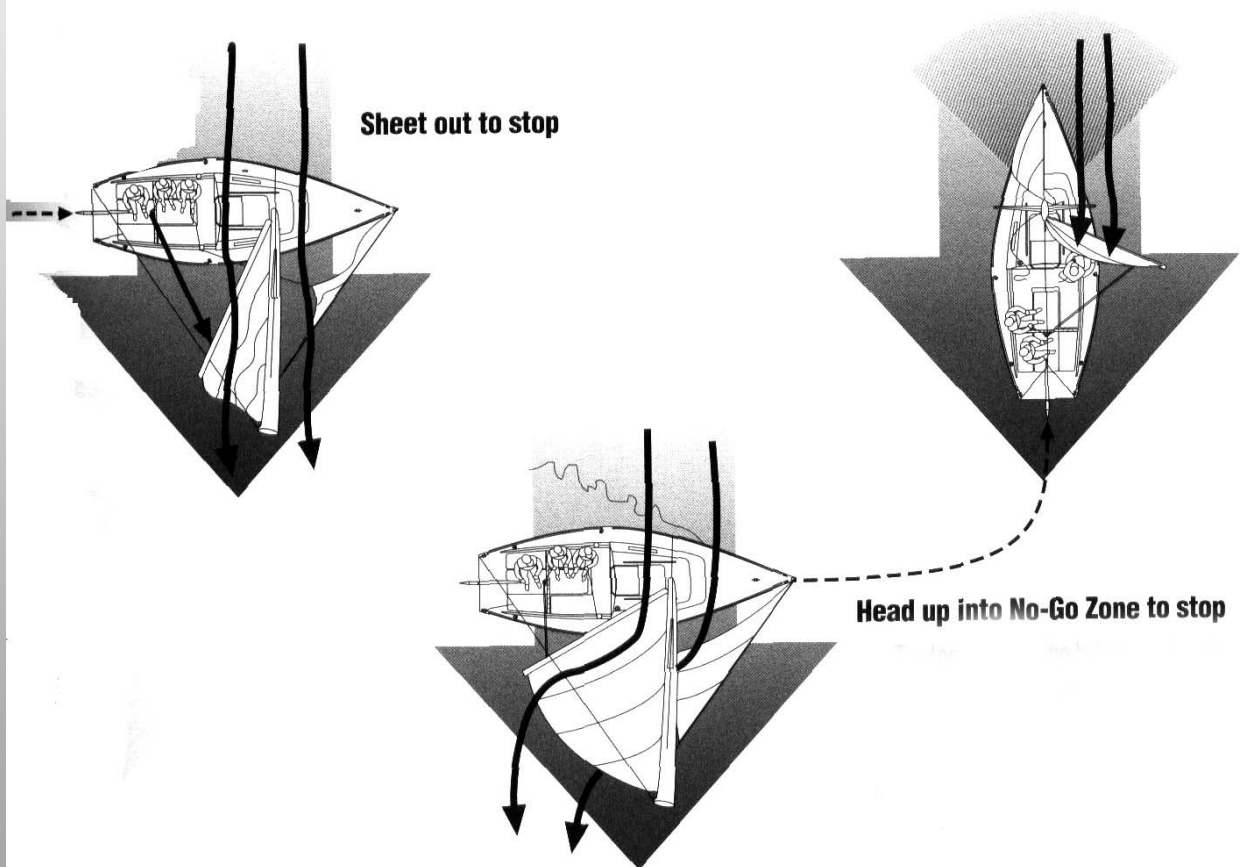
Starting and Stopping

- **Starting**
- **Sheeting in like stepping on car accelerator**
 - **Trim**
- **Boat will normally increase speed**
- **Watch flow of winds across sails**
 - **Trimmed too tight will stall sails**
- **Turn downwind**
- **Stopping**
- **Sheeting out is like taking your foot off the gas pedal**
 - **Ease**
- **Letting the sails luff (flap) will slow the boat**
 - **Coast to a stop**
 - **Glide zone**
- **Turn up into the wind**
 - **No-go zone**

Starting

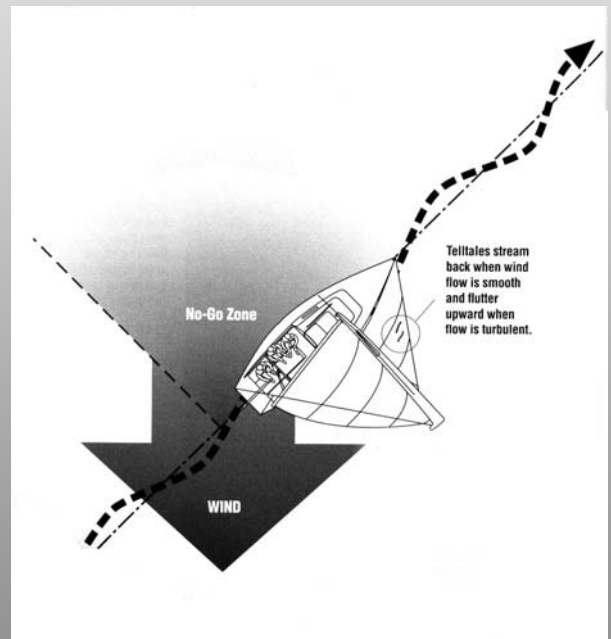


Stopping



Sailing in the Groove

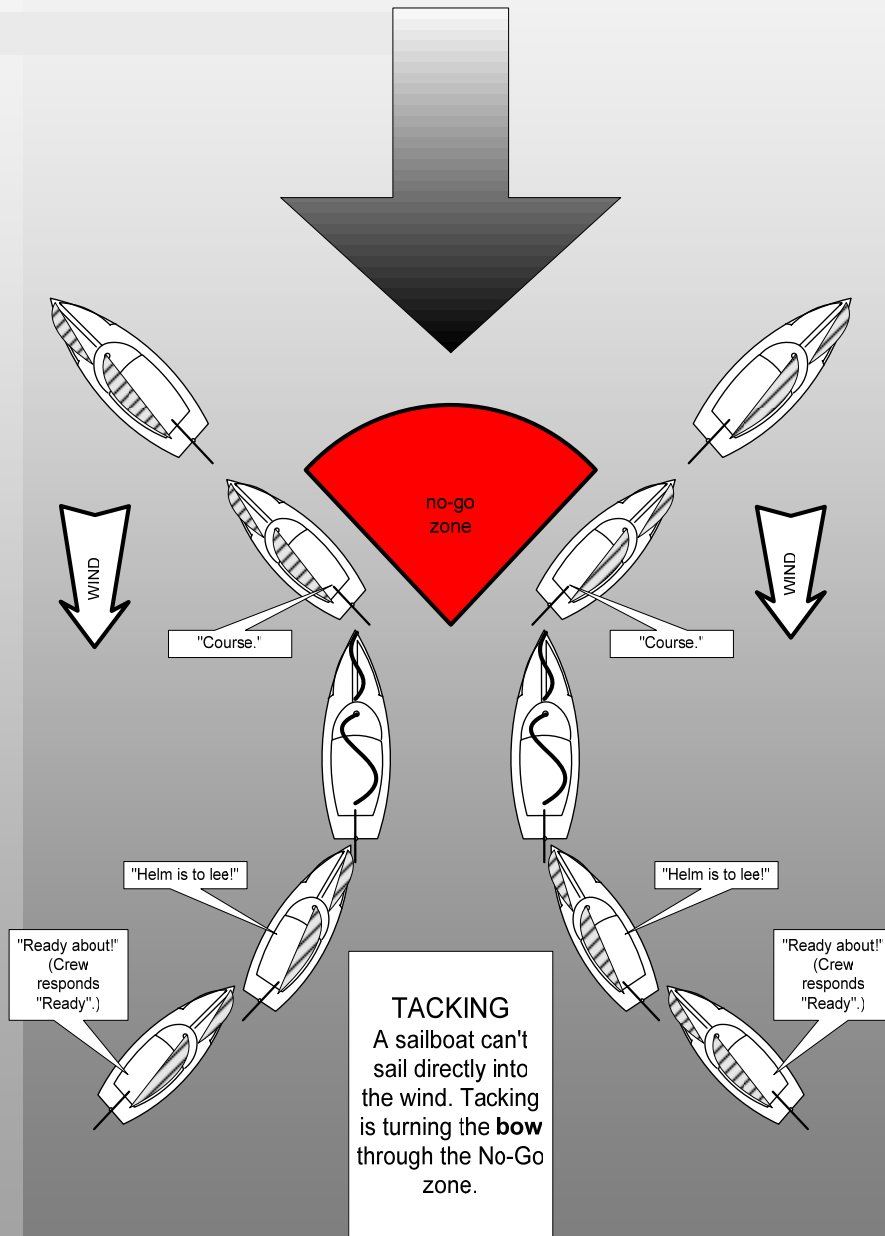
- Moving upwind but steadily and smoothly thought the water
- Bit of a challenge
 - Feel it!
- Snake a course along the edge of the no-go zone
 - Read telltales
 - Control healing



Tacking

- **Preparing**
 - Check new course is clear
 - Helmsman says “Ready About!”
 - Crew checks sheets are ready
 - Crew says “Ready”
- **Change direction**
 - Helmsman says “Helm’s to lee!”
 - Turn bow up toward wind
 - Through the wind
 - No-go zone
 - Break & trim jib sheets
 - Change weight to other side of boat
 - Head down to the new direction
- **Completing**
 - Center tiller and announce “Course!”
 - Crew adjusts sails

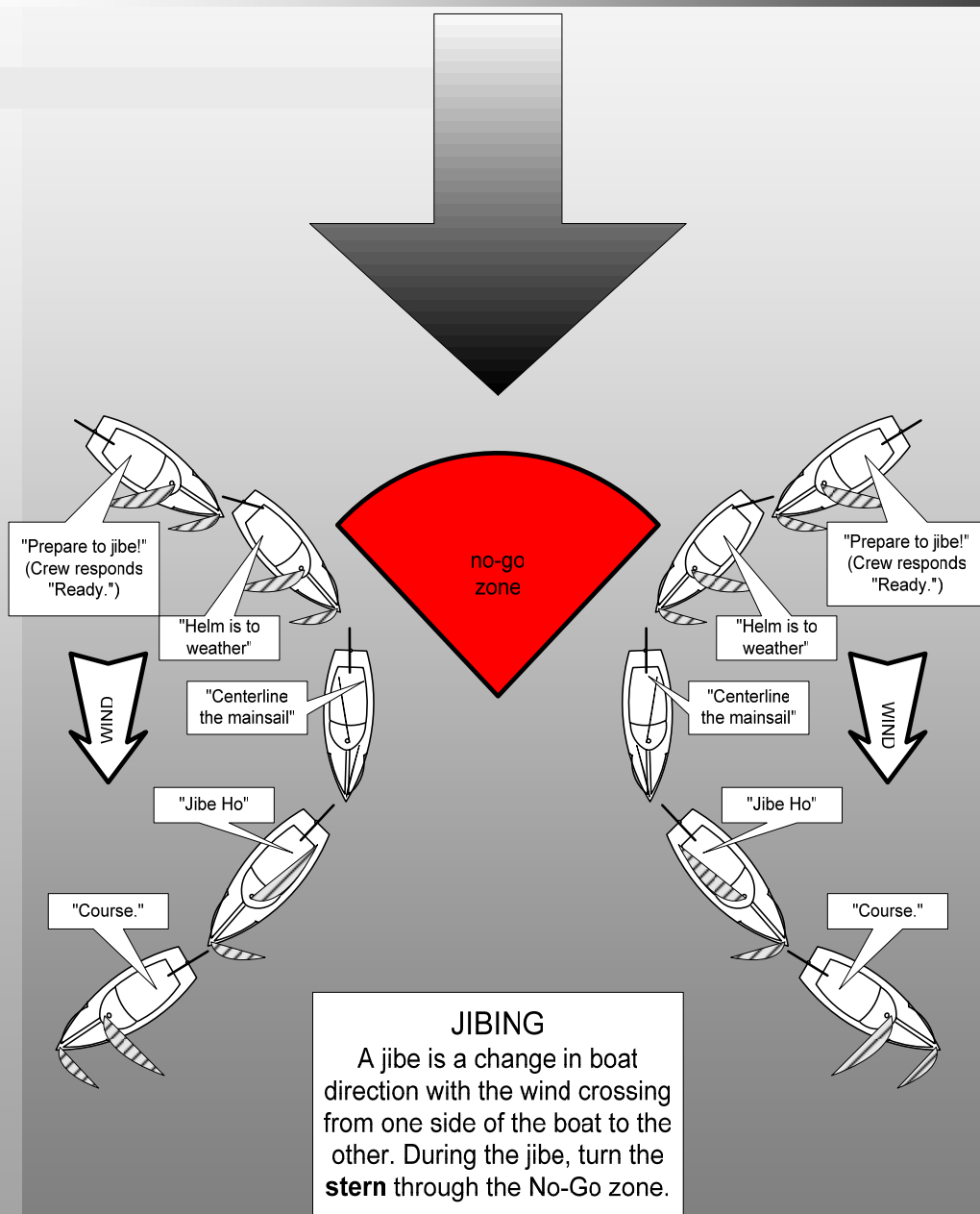
Tacking



Jibing

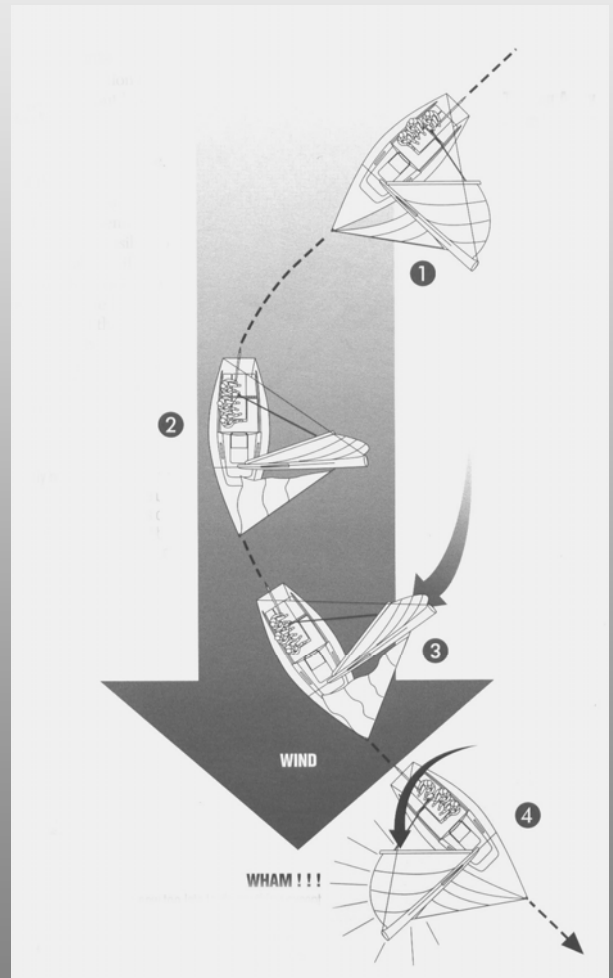
- **Preparing**
 - Check new course is clear
 - Helmsman says “Prepare to Jibe!”
 - Crew checks sheets are ready
 - Crew says “Ready”
- **Change direction**
 - Helmsman says “Helm’s to weather!”
 - Turn stern toward wind
 - Jib will move to other side of boat
 - Helmsman says “Centerline the main!”
 - Control the boom as it crosses the boat
 - Everyone keeps their head safely down below boom
 - Turn stern through the wind
 - Helmsman says “Jibe-ho!”
 - Change weight to other side of boat
 - Ease the mainsail so boat doesn’t round up into the wind.
 - Head up to the new direction
- **Completing**
 - Center tiller and announce “Course!”
 - Crew adjusts sails

Jibing

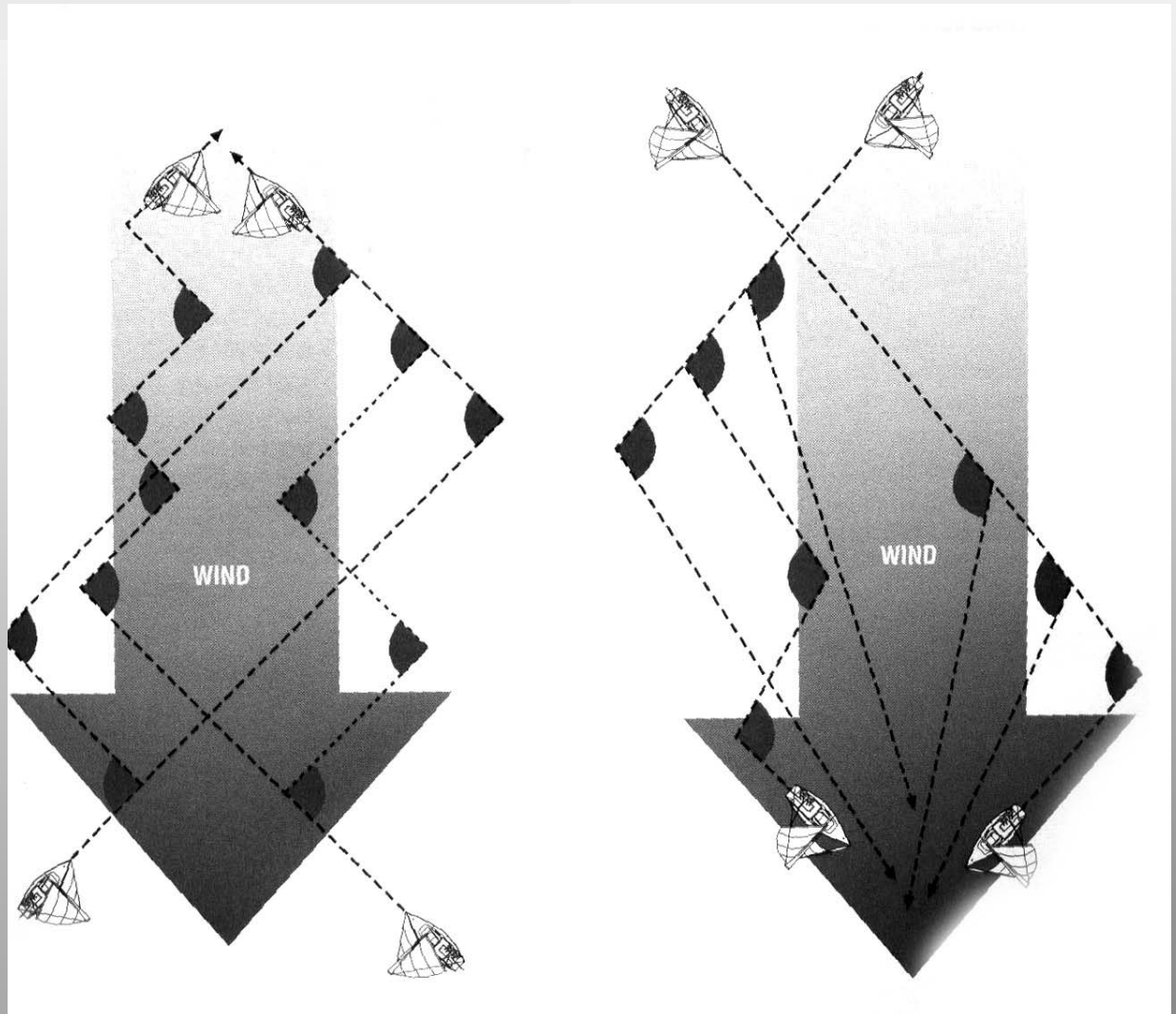


Accidental Jibe

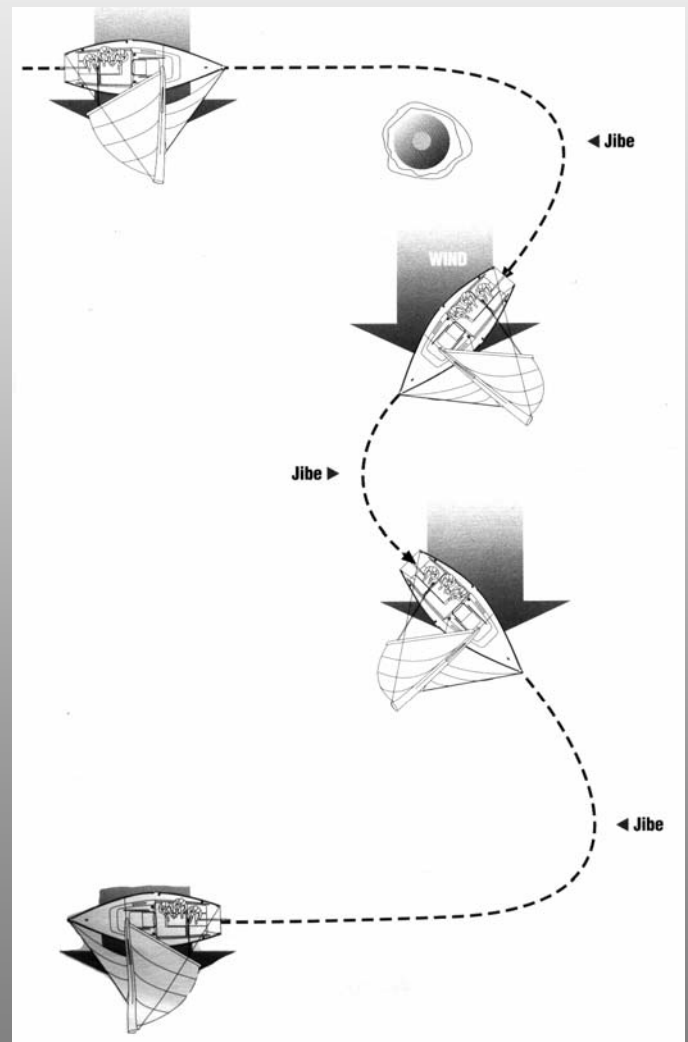
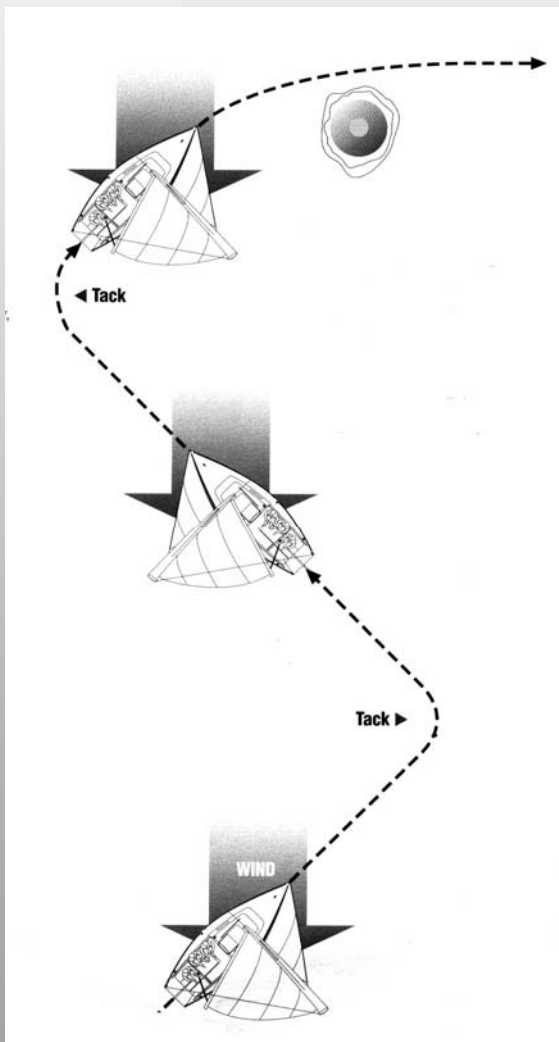
- When you don't centerline the mainsail
 - Sailing by the lee
 - Wind gets behind the mainsail
- Boom rapidly swings across
 - Personal injury
 - Boat damage



Angles



Getting There & Back



Balance

- **Collection of forces in motion**
 - **Not all in same direction**
 - Forward, sideways, drag
 - Push and pull
 - Sails, keel and rudder
 - Gravity and buoyancy
 - Weight and sail trim
 - Wind and waves
- **Adapt to changes**
 - **Make small adjustments**
 - **Give boat time to respond**
- **When balanced, boat will sail in a straight line**
 - **Don't fight the boat**

Keys to Safety

- **Preparation**
 - Know what you are going to do
 - Know when you are going to do it
 - Know how you are going to do it
- **IF you don't know – say so**
- **Teamwork!**
- **Communicate**
 - Talk
 - Don't yell
 - Clearly
 - Slowly
 - Standard commands
 - Listen
 - Reply
 - Standard commands